

## ABSTRACT

An interactive computerized method and system for determining the risk of developing a disease, consequences of the disease, providing ways of modifying the risk, and tracking the progress of an individual as his or her risk factors change or remain the same. The method includes:

transmitting questions to the individual pertaining to risk factors for the disease via a processor;

receiving responses to the questions from the individual via the processor;

transmitting contemporaneous feedback to the responses via the processor;

determining the risk of the individual developing the disease or the associated consequences of having the disease using at least one of the responses and practice guidelines for the disease;

transmitting a summary of positive risk factors and risk modification information to the individual via the processor; and

tracking changes in the responses and the positive risk factors of the individual over time.

The system includes a processor executing a program that performs the method.